



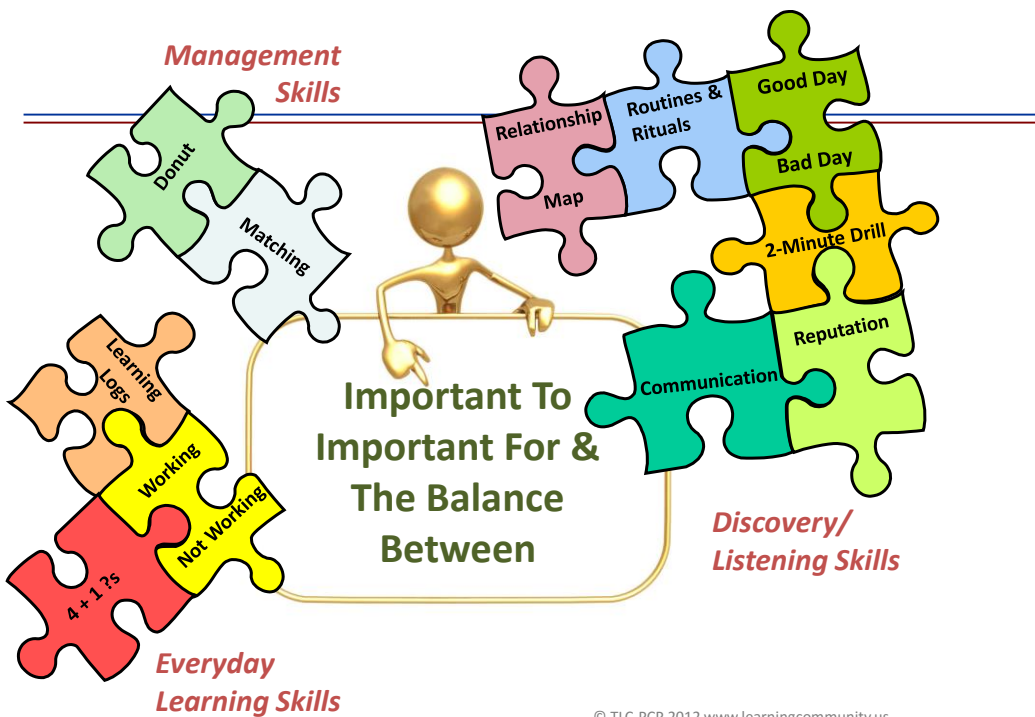
Person Centered Thinking Skills

An overview

Michael Smull

SDA

The Learning Community



© TLC-PCP 2012 www.learningcommunity.us



Important TO

What is important to a person includes those things in life which help us to be satisfied, content, comforted, fulfilled, and happy. It includes:

- People to be with /relationships
- Things to do & places to go
- Rituals or routines
- Rhythm or pace of life
- Status & control
- Things to have

© TLC-PCP 2012 www.learningcommunity.us



Important FOR

- Issues of health:
 - Prevention of illness
 - Treatment of illness / medical conditions
 - Promotion of wellness (e.g.: diet, exercise)
- Issues of safety:
 - Environment
 - Well being ---- physical and emotional
 - Free from Fear
- What others see as necessary to help the person:
 - Be valued
 - Be a contributing member of their community

© TLC-PCP 2012 www.learningcommunity.us



Important To and For are Connected

- ‘Important to’ and ‘important for’ influence each other
- No one does anything that is ‘important for’ them (willingly) unless a piece of it is ‘important to’ them

Balance is dynamic (changing) and always involves tradeoffs:

- Among the things that are ‘important to’;
- Between important ‘to’ and ‘for’

© TLC-PCP 2012 www.learningcommunity.us



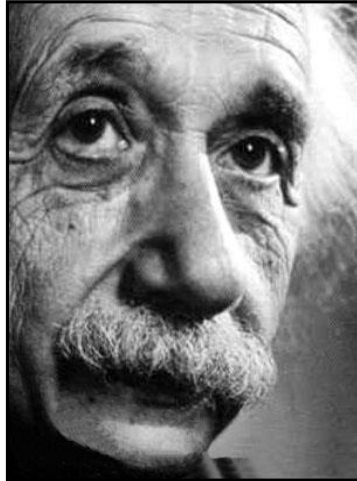
Sorting Important to from Important for *(and finding a better balance between them)*

Important To	Important For

© TLC-PCP 2012 www.learningcommunity.us



Ask Yourself “What do we know?” Before asking “What do we do?”



*If I had an hour to save
the world, I'd spend 55
minutes defining the
problem.*

~ Albert Einstein

© TLC-PCP 2012 www.learningcommunity.us



Bob's Story

- Listen
- Take notes, and
- List what is -
 - important to
 - important for
 - What else you would want to know

TLC-PCP 2012 www.learningcommunity.us



Bob

Workbook Pg. 22

What is important to Bob?	What is important for Bob?
<u>What else do you need to learn/know</u>	

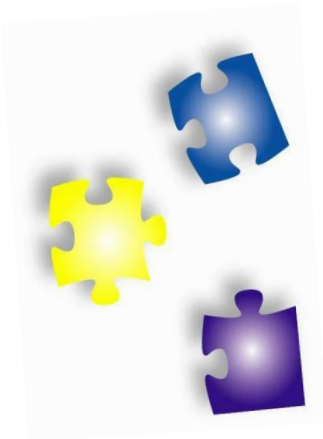
© TLC-PCP 2012 www.learningcommunity.us



Discovery/Listening Skills

6 methods for collecting information

- ✓ Relationship Map
- ✓ Rituals and Routines
- ✓ Good Day/Bad Day
- ✓ Two Minute Drill
- ✓ Communication Chart
- ✓ Reputations

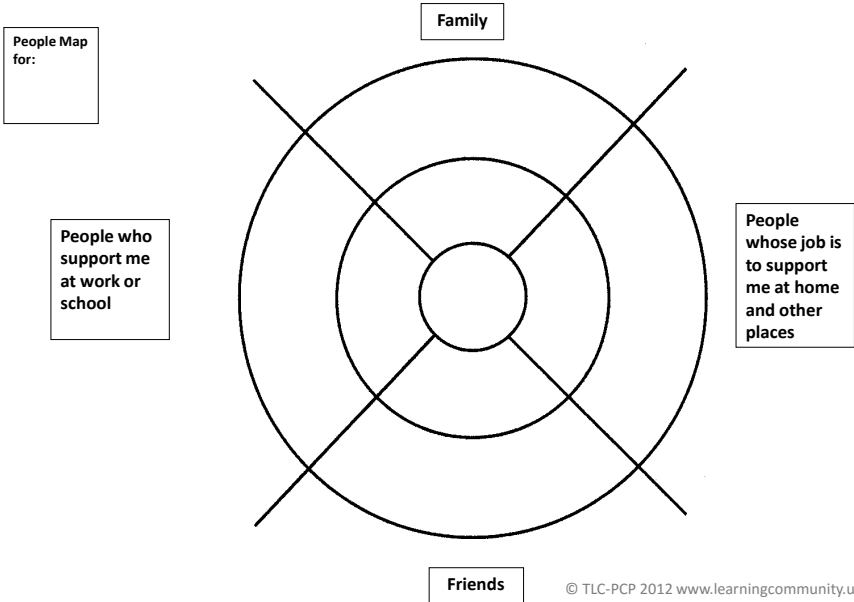


© TLC-PCP 2012 www.learningcommunity.us



The “Relationship Map”

1st Discovery Skill



© TLC-PCP 2012 www.learningcommunity.us



Rituals and Routines

Rituals guide us through our days and bring consistency, comfort and control

- Morning
 - Bedtime
 - Mealtimes
 - Transition
 - Birthday
 - Not Feeling Well
- Cultural/Holiday
 - Spiritual
 - Vacation
 - Comfort
 - Celebration
 - Grief/Loss

© TLC-PCP 2012 www.learningcommunity.us



Morning Ritual



Michael's Just Got Home Morning Ritual



Around 6 AM – wake up without alarm (regardless of when I got home). Say good morning to my wife, Andy. Put on outside clothes and take the 4 dogs out (Miss Pea, Arbus, Tank & T-Rex). Make sure nothing is amiss in the yard. Get Washington Post and retrieve barking dog. Convince the dogs to come inside.

6:15 Finish making the French press coffee that my wife started. Give the dogs their pills (in cheese). Sit down and catch up. (My wife shares what happened while I was on the road.) While talking, have a cup of strong, black coffee, an orange, and a homemade biscotti. Read the Washington Post while watching the morning news (NBC affiliate). Get a 2nd cup of coffee

6:45 Get the diet and regular dog food into the proper bowls. Feed the dogs and supervise so that the 2 fast eaters don't eat the slow eaters' food. Start drinking the 2nd cup of coffee, stretch. Let the 2 to 3 dogs who want to go out, out. Dog wrangling to get the reluctant dogs in.

6:55 check email, respond to the short and the critical. Flag the ones I need to respond to that day.

Between 7:15 and 7:30 (Depending on email) Get on the exercise bike and read the NY Times. Share relevant articles with SDA associates. Ride 5 or 10 indoor miles (depending on how much time I have)

7:45 Weigh myself (blame any weight gain on air travel), shower, floss with glide dental floss, brush teeth with cold water, and decide if I need to shave. If yes to shave, use body shop shaving cream. Dress for whatever the day will bring

8:05 Kiss my wife good bye as she goes off to work. Make another cup of coffee. Go to the desk in my home office. "Start" the work day.

TLC-PCP 2012 www.learningcommunity.us



'S MORNING RITUAL



© TLC-PCP 2012 www.learningcommunity.us



Good Day/Bad Day

**What is a good day like
for this person?**

**What is a bad day like
for this person
(or a stressful or really
difficult day)?**

© TLC-PCP 2012 www.learningcommunity.us



Listening to Behavior...

A Communication Chart

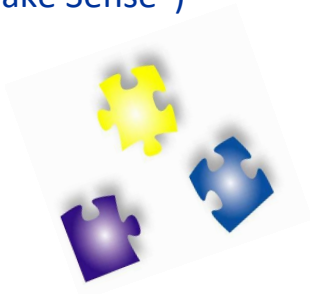
What is happening	_____ does	We think it means	And we should

© TLC-PCP 2012 www.learningcommunity.us



Everyday Learning Skills

- 4 + 1 questions
- Learning Log
- Working/Not Working (also called “What Makes Sense/Doesn’t Make Sense”)



© TLC-PCP 2012 www.learningcommunity.us



4 + 1 Questions

- Using the “4 questions” to focus on learning and acting on that learning –
 - What have we tried?
 - What have we learned?
 - What are we pleased about?
 - What are we concerned about?
- And then the “+1” question -
 - What should we try/do based on what we have learned?



© TLC-PCP 2012 www.learningcommunity.us




Learning Log

Using the learning log to replace typical progress notes

Date	What did the person do? (What, where, when, how long, etc.)	Who was there? (Names of staff, friends, others, etc.)	What did you learn about what worked well? What did the person like about the activity? What needs to stay the same?	What did you learn about what didn't work well? What did the person not like about the activity? What needs to be different?

© TLC-PCP 2012 www.learningcommunity.us

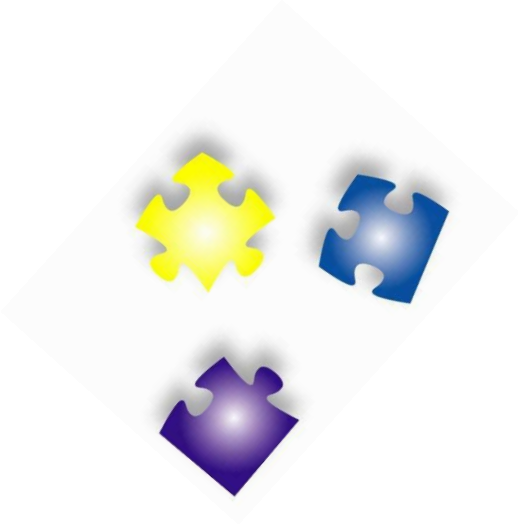
	What works/ Makes sense	What doesn't work/ Doesn't make sense
Person's perspective		
Parent's perspective		
Staff's perspective		

© TLC-PCP 2012 www.learningcommunity.us



Management Skills

- Donut Sort
- Matching

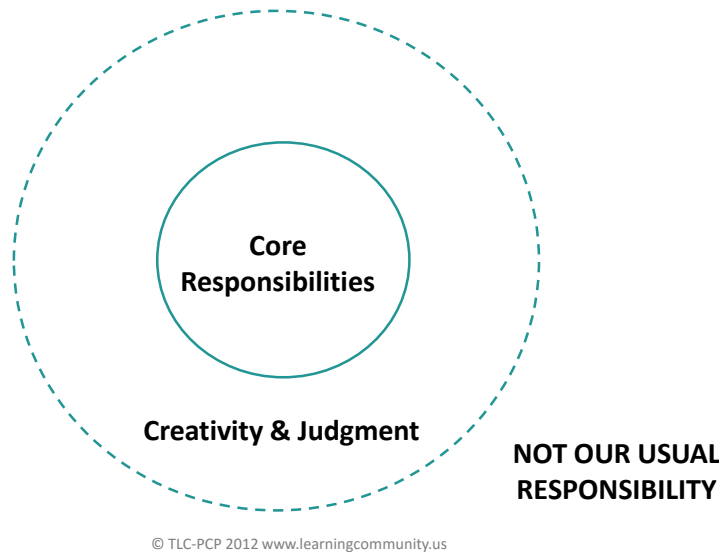


© TLC-PCP 2012 www.learningcommunity.us



The Donut Sort

Defining Staff Roles and Responsibilities



A Matching Profile

For each person – what are . . .

Supports Needed	Skills Required

←→

These two columns are related.

PERSONALITY CHARACTERISTICS

NICE TO HAVE (SHARED INTERESTS)

© TLC-PCP 2012 www.learningcommunity.us



For more information



- Contact
 - Michael Smull
 - michael@sdaus.com
- Go to
 - www.sdaus.com
 - www.learningcommunity.com

TLC-PCP 2012 www.learningcommunity.us